

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application.

**Listing of Claims:**

1. (Currently Amended) A method for improving ergonomics for an individual in a workplace, the workplace comprising at least one item having at least one physically adjustable parameter adjustable through a range of motion, the method comprising the steps of:  
    ~~assessing the comfort level of an individual;~~  
    applying at least one indicium to the at least one item substantially along the range of motion for visually indicating a range of fit settings for the at least one physically adjustable parameter;  
    adjusting the at least one physically adjustable parameter of the at least one item to ~~determine~~ at least one ergonomically correct fit setting within the range of fit settings indicated by the at least one indicium that locates the at least one physically adjustable parameter in a desired position for a particular ~~optimizes the comfort level of the individual;~~ and  
    ~~recording~~ storing, in a medium readable by at least one of a machine and a user, data representative of the at least one ergonomically correct fit setting indicated by the at least one ~~coding~~ indicium associated with the particular individual.
2. (Currently Amended) The method according to claim 1 and further comprising the step of auditing the individual to determine whether ~~the a~~ present location of the at least one physically adjustable parameter complies with the at least one ergonomically correct fit setting for a current user of the at least one item.
3. (Original) The method according to claim 1 and further comprising the step of monitoring the individual to determine whether the individual is a high risk individual.

4. (Currently Amended) The method according to claim ~~4~~21, wherein the comfort level is determined by at least one of presence of discomfort, location of discomfort, intensity of discomfort, and frequency of discomfort.

5. (Original) The method according to claim 1 and further comprising the step of providing to the individual a record of the at least one ergonomically correct fit setting and instructions for adjusting the at least one physically adjustable parameter to achieve the at least one ergonomically correct fit setting.

6. (Original) The method according to claim 1, wherein the workplace is a traditional office workplace.

7. (Original) The method according to claim 1, wherein the workplace is a vehicle.

8. (Original) The method according to claim 7, wherein the workplace is a tractor cabin of a tractor trailer.

9. (Original) The method according to claim 8, wherein the at least one item comprises a steering column assembly.

10. (Original) The method according to claim 9, wherein the at least one physically adjustable parameter comprises at least one of a steering column depth and a steering column tilt.

11. (Original) The method according to claim 8, wherein the at least one item comprises a seat assembly having a seat and a seat back.

12. (Original) The method according to claim 11, wherein the at least one physically adjustable parameter comprises at least one of the following: a seat assembly height, a seat back tilt, a seat rearward tilt, a seat forward tilt, a seat size, a seat assembly depth, and a seat back support levels.

13. (Original) The method according to claim 11, wherein the seat assembly further comprises an armrest, and the at least one physically adjustable parameter comprises at least one of an armrest tilt and an armrest height.

14. (Currently Amended) A system for improving the ergonomics for an individual in a workplace, the workplace comprising at least one item having at least one physically adjustable parameter adjustable through a range of motion, the system comprising:

a survey of input data comprising at least one of: (1) physical characteristics of the individual, (2) characteristics of at least one task performed by the individual, and (3) characteristics of at least one environmental feature of the workplace, wherein the survey is conducted through the Internet;

a determination of at least one preferred setting for the at least one physically adjustable parameter substantially along the range of motion of the at least one item in the workplace based at least in part upon the input data collected in the survey; and

providing at least one indicium on the at least one item for indicating a setting of the at least one physically adjustable parameter along the range of motion;

an adjustment of the at least one physically adjustable parameter of the at least one item to the preferred setting based upon the results of the determination; and

storing, in a medium readable by at least one of a machine and a user, data representative of the at least one preferred setting indicated by the at least one indicium associated with the particular individual.

15. The system according to claim 14 wherein the determination further comprises a recommendation of a new or replacement item for the at least one item in the workplace.

16. (Original) The system according to claim 14, wherein the workplace is a school.

17. (Canceled without prejudice)

18. (Currently Amended) A method for improving the ergonomics for a student in a school, the school comprising at least one item having at least one physically adjustable parameter adjustable through a range of motion, the method comprising the steps of: requesting data associated with the student through a survey on the Internet;

determining at least one preferred setting for the at least one physically adjustable parameter of the at least one item in the school based at least in part upon the data collected in the survey; and

providing at least one indicium for the at least one item to visually indicate a setting for the at least one physically adjustable parameter along the range of motion;

communicating the at least one preferred setting to at least one individual at the school for adjusting the at least one physically adjustable parameter parameter along the range of motion of the at least one item to the preferred setting based upon the results of the determination; and

storing, in a medium readable by at least one of a machine and a user, data representative of the at least one preferred setting indicated by the at least one indicium associated with a particular individual.

19. (Canceled without prejudice)

20. (Currently Amended) The method according to claim ~~49~~18 wherein the at least one item comprises at least one of a seat and a table, and the at least one physically adjustable parameter comprises at least one of a seat height and a table height.

21. (New) The method of claim 1 and further comprising the step of transforming information representative of a comfort level of the individual into data, and making adjustments to the physically adjustable parameter of the at least one item in response to the transformed information.